

IN THE CLAIMS:

This listing of claims will replace all prior versions, and listings, of claims in the application:

1. – 21. (Cancelled).

22. (New) An exerciser comprising:

a frame assembly including a base structure and an upright structure fixed to said base structure and extending upwardly therefrom,

said base structure having downwardly facing surfaces for engaging a horizontal surface in supported relation thereon,

said base structure extending forwardly of said upright structure so that said upright structure cannot be tipped over forwardly except by the entire frame assembly being tipped forwardly about a forward end of said base structure acting as a fulcrum,

an exercising mechanism carried by said frame assembly selectively extensible by an exercise of a user from an operative position at the upper end portion of said upright structure in a direction tending to tip the upright structure forwardly about the forward end of said base structure acting as a fulcrum and retractable back into said operative position,

said exercising mechanism including a plurality of coil springs embodied in said exercising mechanism so as to (1) resiliently resist the extension of said exercising mechanism by an exercise of a user and (2) resiliently effect the retraction of the exercising mechanism enabling the user to exercise by resisting said retraction,

a bench assembly configured and operable to be positioned in an operative position to support a user in a prone, supine or sitting position thereon, enabling the user to exercise while in a prone supine or sitting position thereon,

said bench being constructed and arranged to be supported in part on said horizontal surface and in part on said frame assembly at a position such that a part of the weight of the bench assembly and any user supported thereon acts in a direction tending to prevent the entire frame assembly from being tipped forwardly about the forward end of said base structure as a fulcrum.

23. (New) An exerciser according to claim 22, wherein said coil springs are tensely coil springs which resist in response to elongation thereof.

24. (New) An exerciser according to claim 23, wherein said coil springs are selectively operable to provide selected operative resistance within a range of different operative resistances.

25. (New) An exerciser according to claim 24, wherein said exercising mechanism includes left and right hand grips connected to left and right coil springs for separately resisting left and right arms exercises by a user.

26. (New) An exerciser according to claim 25, wherein said exercising mechanism includes left and right pull line and pulling assemblies connecting said left and right hand grips with said left and right coil springs, respectively.

27. (New) An exerciser according to claim 22, wherein said bench assembly is movable between said first mentioned operative position enabling a user to exercise while sitting or lying prone or supine thereon and a second operative position enabling a user to exercise while standing in a position occupied by said bench when in said first position.

28. (New) An exerciser according to claim 27, wherein said bench assembly is movable into a third storage position.